

May

2022



Metz
CULINARY MANAGEMENT

Berryville & Richmond 100 Calorie Snack Menu

Grafton

Snacks!

Clients may substitute any snacks for fresh fruit

2000 Calorie Plan Includes:

10:00 a.m. Snack (approx. 100 calories)

Afterschool Snack (approx. 100 Calories +

Fruit)

Evening Snack (approx. 100 Calories +

Milk)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Snack: 10:00 a.m. Nature Valley Bar - <u>Afterschool Snack:</u> 100 Cal Popcorn - <u>Evening:</u> Yogurt -	2 Snack: 10:00 a.m. Plain Greek Yogurt & Honey <u>Afterschool Snack:</u> Bug Bites - <u>Evening:</u> 100 Calorie Pretzels -	3 Snack: 10:00 a.m. Apple Slices & Caramel <u>Afterschool Snack:</u> Choice of cheese stick or yogurt - <u>Evening:</u> 2 oz Deli turkey & 1 Slice of Cheese -	4 Snack: 10:00 a.m. Celery & 1T Peanut Butter <u>Afterschool Snack:</u> Trail Mix - <u>Evening:</u> Snackwells Cookies -	5 Snack: 10:00 a.m. Yogurt - <u>Afterschool Snack:</u> Whole Grain SunChips - <u>Evening:</u> Plain Greek Yogurt & honey -	6 Snack 10:00 a.m. 20 Grapes & 1oz Cheese <u>Afterschool Snack:</u> Baked Lays - <u>Evening:</u> Fruit Cocktail -	7 Snack 10:00 a.m. 100 Calorie Cookies <u>Afterschool Snack:</u> Cheddar Goldfish - <u>Evening:</u> 20 Grapes & 1 oz Cheese -
8 Snack: 10:00 a.m. 100 Calorie Pack of Cookies - <u>Afterschool Snack:</u> Whole Grn Animal Crack. - <u>Evening:</u> Nature Valley Bar -	9 Snack: 10:00 a.m. Yogurt - <u>Afterschool Snack:</u> 100 Cal PopCorn - <u>Evening:</u> Baby Carrots & Hummus -	10 Snack: 10:00 a.m. Trail Mix - <u>Afterschool Snack:</u> Celery & 1T Peanut Butter - <u>Evening:</u> Cereal & Milk -	11 Snack: 10:00 a.m. Sunflower Seeds - <u>Afterschool Snack:</u> 100 Calorie Cheez-It - <u>Evening:</u> 1T Peanut Butter & Rice Cake -	12 Snack: 10:00 a.m. 1 Hard Boiled Egg & 1 Fruit <u>Afterschool Snack:</u> Baby Carrots/Light Ranch & Skim Milk - <u>Evening:</u> Lemon Cookies -	13 Snack 10:00 a.m. 20 Grapes & 1 Slice of Cheese <u>Afterschool Snack:</u> 100 Calorie Pack of Cookies - <u>Evening:</u> Yogurt & Fruit -	14 Snack 10:00 a.m. Mozzarella Cheese Stick - <u>Afterschool Snack:</u> Whole Grain SunChips - <u>Evening:</u> Baked Lays -
15 Snack: 10:00 a.m. Nature Valley Bar - <u>Afterschool Snack:</u> 100 Cal Popcorn - <u>Evening:</u> Yogurt -	16 Snack: 10:00 a.m. Plain Greek Yogurt & Honey <u>Afterschool Snack:</u> Bug Bites - <u>Evening:</u> 100 Calorie Pretzels -	17 Snack: 10:00 a.m. Apple Slices & Caramel <u>Afterschool Snack:</u> Choice of cheese stick or yogurt - <u>Evening:</u> 2 oz Deli turkey & 1 Slice of Cheese -	18 Snack: 10:00 a.m. Celery & 1T Peanut Butter <u>Afterschool Snack:</u> Trail Mix - <u>Evening:</u> Snackwells Cookies -	19 Snack: 10:00 a.m. Yogurt - <u>Afterschool Snack:</u> Whole Grain SunChips - <u>Evening:</u> Plain Greek Yogurt & honey -	20 Snack 10:00 a.m. 20 Grapes & 1oz Cheese <u>Afterschool Snack:</u> Baked Lays - <u>Evening:</u> Fruit Cocktail -	21 Snack 10:00 a.m. 100 Calorie Cookies <u>Afterschool Snack:</u> Cheddar Goldfish - <u>Evening:</u> 20 Grapes & 1 oz Cheese -
22 Snack: 10:00 a.m. 100 Calorie Pack of Cookies - <u>Afterschool Snack:</u> Whole Grn Animal Crack. - <u>Evening:</u> Nature Valley Bar -	23 Snack: 10:00 a.m. Yogurt - <u>Afterschool Snack:</u> 100 Cal PopCorn - <u>Evening:</u> Baby Carrots & Hummus -	24 Snack: 10:00 a.m. Trail Mix - <u>Afterschool Snack:</u> Celery and 1T Peanut Butter - <u>Evening:</u> Cereal & Milk -	25 Snack: 10:00 a.m. Sunflower Seeds - <u>Afterschool Snack:</u> 100 Calorie Cheez-It - <u>Evening:</u> 1T Peanutbutter & Rice Cake -	26 Snack: 10:00 a.m. 1 Hard Boiled Egg & 1 Fruit <u>Afterschool Snack:</u> Baby Carrots/ Lt Ranch & Skim Milk - <u>Evening:</u> Lemon Cookies -	27 Snack 10:00 a.m. 20 Grapes & 1 Slice of Cheese <u>Afterschool Snack:</u> 100 Calorie Pack of Cookies - <u>Evening:</u> Yogurt & Fruit -	28 Snack 10:00 a.m. Mozzarella Cheese Stick - <u>Afterschool Snack:</u> Whole Grain SunChips - <u>Evening:</u> Baked Lays -
29 Snack: 10:00 a.m. Nature Valley Bar - <u>Afterschool Snack:</u> 100 Cal Popcorn - <u>Evening:</u> Yogurt -	30 Snack: 10:00 a.m. Plain Greek Yogurt & Honey <u>Afterschool Snack:</u> Bug Bites - <u>Evening:</u> 100 Calorie Pretzels -	31 Snack: 10:00 a.m. Apple Slices & Caramel <u>Afterschool Snack:</u> Choice of cheese stick or yogurt - <u>Evening:</u> 2 oz Deli turkey & 1 Slice of Cheese -				